



Farm of the Month

Jake's Farm

By Missy Huger and Chris Sawyer

Nestled in a lush green valley of Beaverdam Creek, with a view of the Pisgah Mountains, and less than fifteen minutes from downtown Asheville, lies Jake's Farm. The farm has been certified organic for 11 years. We never considered growing any other way, as our fields are also our back yard. The farm is named after our four-legged master rodent hunter and deer chaser, Jake. On 11 acres, we grow a variety of fruits and vegetables. We don't use animal manure, but enrich our soil with cover crops. All of our fields are drip irrigated.

March 2009 Pick Up

Pick Up Schedule

March 3rd, from 8 am until 1 pm

March 4th, from 5 pm until 7 pm

Recipe of the Month

Frozen Berry Smoothies

By Jill Frazer

Wonderful as an afternoon pick-me-up.

1 cup assorted **Winter Sun Farms** frozen fruit

½ frozen banana

1 cup apple juice

Honey (optional)

1. In a blender, place fruit, banana, and apple juice. Puree until smooth and creamy. If desired, add honey to sweeten and blend briefly. If you would like it less thick, add additional apple juice.

Serves 1-2



This land was abandoned sometime in the early 80's and when we bought it in 1998 it was in serious need of help. With dedication and hard work we built farm buildings and everything else necessary to start a vegetable operation that would be sustainable and able to pay its own taxes.

We grow everything from arugula to watermelons. The work on the farm is done by ourselves, two full-time, year round employees, and a few volunteers who find us through the WWOOF USA program, or are serious students of agriculture. Everyone who works here also lives here. In our ten

years of farming commercially, we have educated over 100 young adults about organic agriculture.

It is our belief that organic methods are absolutely the best for producing the best tasting and healthiest food. Our food can be found year round at Greenlife Grocery and the French Broad Food Co-op in Asheville, as well as at some of the better restaurants in town. During the summer months our produce can be found at the Black Mountain Tailgate Market, Old Farmer's Market in Waynesville and the new Asheville City Market on Saturday mornings. We also run a CSA and take orders.

Other Available Products

Sadie's Caribbean Fish Cakes

12 oz package for \$13.25

Our fish cakes are a crisp, light and spicy Caribbean-style appetizer, ready to enjoy anytime. You can prepare it in minutes, from freezer to your enjoyment. If you were at BRFV for the Marketplace in September, you might have been lucky enough to try one.

Fish cakes are made at Blue Ridge Food Ventures by Leslie Suber, Sadie's daughter.

The Wild Salmon Company offers Sockeye Salmon

\$12.50/lb for boneless vacuum sealed packaging; Only fillets are left.

Cane Creek Organics Farm eggs

\$3.30/dozen

Our all natural farm fresh eggs are free range with no antibiotics and no added hormones.

Our chickens are raised on our family farm and are free to scratch and peck as nature intended. Free range chickens lay healthier and better tasting eggs. We think they'll exceed your expectations.

Imladris Farm

Walter and Wendy Harrill

Many of you know Wendy and Walter's delicious berry jams and apple butter. Now you can find those same pure fruit tastes in their ice creams: Blueberry; Blackberry and Apple Cobbler. They also offer their pasture-raised lamb chops; ribs; leg of lamb and ground lamb.

BRFV Winter Sun Farms

This was the first year of Winter Sun Farms and we appreciate your support so much. We are planning now with our farmers on what they will be growing this coming season. We would love to have your feedback to make this program even better next year.

Please take a few minutes to send us an email with your thoughts on the following questions:

- **What were your favorite items?**
- **What did you think about the packaging?**
- **What else would you like us to offer?**
- **Other suggestions....**

Thank you so much for being a part of Winter Sun Farms at Blue Ridge Food Ventures.